

# Mystic-Asia at The Farm Philippines

27th March - 01st April 2010

## MYSTIC ASIA

Mystic Asia is a luxury travel company with a difference. Our mission is to bring meaning to your travel by combining exotic destinations with a learning that will enhance your quality of life. We believe in bringing healing not only to the physical but also to the deeper emotional and spiritual aspects of human existence. As these are interlinked and one affects the other our programmes are designed to nurture the mind, body and soul giving you a holistic experience while at the same time enjoying a dream destination. The basic philosophy is that by understanding our own bodies, minds, responses, feelings and actions, we can make the change to a better quality of life.



## THE FARM, PHILIPPINES

Set in the highlands, 2 hours by road from Manila, The Farm is called as such because only home grown organic food is served at this wonderfully pure environment. Apart from their sattvic, raw, vegan, organic diet, the Farm provides a great space for cleansing and detoxification with several body wraps, purification massages, inner energy exercises yoga and colon cleansing. Surrounded by a large coffee plantation, beautifully thatched villas and cottages scatter around the spacious grounds of the farm with three pools and little lakes to provide a tranquil setting. Meditation huts, waterfalls and coconut trees all contribute to the healing environment.

## THE PROGRAMME

### DETOXIFICATION

This five day programme is designed to take you fairly deep into your health objectives going forward in your lives. The detoxification and wellness programmes will make changes in your body very gently causing weight loss due to the healthy food you will be eating. The two programme choices are attached. A full health consultation, blood analysis and a sustainable health programme will be individually diagnosed.

### YOGA NIDRA

We will support that change in your body by introducing you to Yoga Nidra meditation, which will give you the spiritual strength and nourishment that you will require. Yoga Nidra, also known as Psychic sleep, lowers the activity of your brain to the alpha level where the point of stillness can be more easily reached and stress levels come down instantly. Resolutions made at this level tend to come to fruition far more successfully than in your waking state. It is therefore important to identify and make a resolve to improve your life.

Package details as attached.

For bookings contact...

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### GETTING THERE...

Fly to Manila and we will pick you up for a 2 hour road journey from the Airport to The Farm

